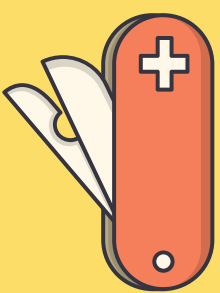


Sport Wellington Key Messages

COACHING DURING COVID-19

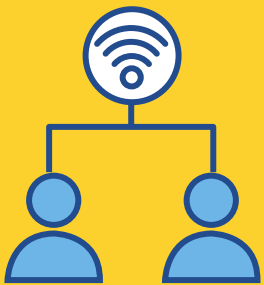
sport
Wellington

Supporting a healthy, active region.



There is a need to be adaptable

With the restrictions in place there may be a need to adjust **what** you're coaching and **how** you're coaching. eg: your athletes training environment will be different



Remember to prioritise connection

During this time we need to be intentional in creating opportunities for our athletes and players to connect



Check in on the wellbeing of your athletes

How are they going? Do they need any support?



Include lots of FUN in what you do

Create some challenges or activities that are fun to participate and engage in



Be creative

How we are able to do things has changed - now is a chance to look at new ways of doing things and be brave in giving new things a go



Let them lead

Allow opportunities for your athletes and players to self-organise or lead. You may be surprised with what they come up with



Look for opportunities

Is now a chance to prioritise areas of coaching that sometimes we don't feel we have time to do?